

# DINNERLY



## Low-Cal Malaysian Chicken Curry with Quinoa



25 minutes



2 Servings

This creamy chicken curry with Malaysian spices is loaded with veg and served with protein-rich quinoa – so it's full of flavour and good for you to boot!



## WHAT WE SEND

- 125g quinoa
- 1 carrot
- 150g green beans
- free-range chicken thigh fillets
- 5g Malaysian mild curry powder
- 200ml coconut milk

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 garlic clove
- vegetable oil spray (optional)
- ½ tsp soy sauce <sup>6</sup>
- ½ tsp white vinegar

## TOOLS

- sieve
- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 595kcal, Fat 27.6g, Carbs 46.5g, Proteins 38.0g



### 1. Cook quinoa

Put **100g (½ cup) quinoa\*** (see Make it yours) in a sieve, then rinse well and drain. Put in a small saucepan with **180ml (¾ cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



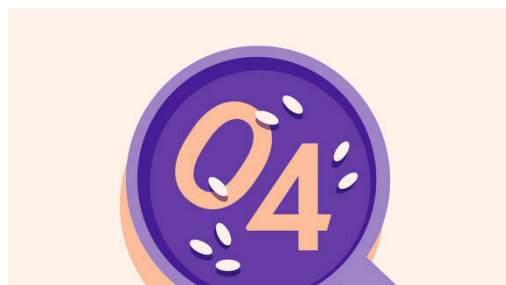
### 2. Prep ingredients

Meanwhile, crush or finely chop **1 garlic clove**. Peel the **carrot**, then halve lengthwise and thinly slice. Trim the **beans** and halve on an angle. Thinly slice the **chicken**, then season with **salt and pepper**.



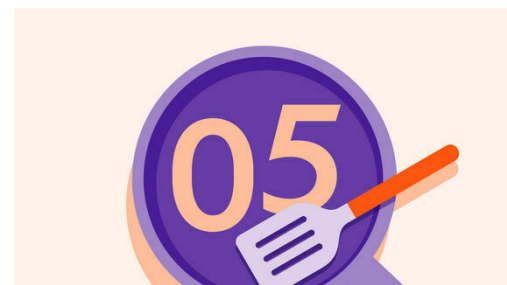
### 3. Brown chicken

Lightly spray or brush a medium deep frypan with **vegetable oil** and heat over high heat. Stir-fry the **chicken** for 3 mins or until browned. Add the **curry powder** and **garlic** and stir-fry for a further 1 min or until fragrant.



### 4. Simmer curry

Add the **coconut milk, carrot, beans** and **60ml (¼ cup) water** to the chicken mixture. Bring to the boil, then reduce the heat to medium and cook for 5 mins or until the chicken is cooked through and the veggies are tender but still with crunch.



### 5. Serve up

Add **½ tsp soy sauce** and **½ tsp white vinegar** to the curry and stir to combine. Remove the pan from the heat. Season the **quinoa** with **salt and pepper**. Divide the **quinoa** and **chicken curry** among bowls and enjoy!



### 6. Make it yours

As this is a low-calorie dish, we recommend using only 100g quinoa. However, if you wish to add all the quinoa, the dish will still taste delicious. Simply add an extra 60ml (¼ cup) water to the pan when cooking the quinoa.